

FAST FIT

FITNESS

MAGAZINE

How Working Out
Can Help With
Life Stress



**WORKOUT
OF THE MONTH**

Monthly
Food Diet Plans

*Personal
Trainer
Spot light*



www.fastfit-ems.com

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Insights from the top



Since my very first day with Fast Fit Ems , when I joined as a Personal Trainer ,my main goal was to make a positive impact on as many lives as possible through improving their lifestyle and overall well-being . What once started as a job , quickly transformed into a fulfilling passion that made me realize how much I genuinely love what I do. Over time , my love and passion for my work have been rewarded , resulting in a recent promotion as Area Manager. However , I want you to know that my goal has remained unchanged , if anything , it has grown even stronger.To all of you who are reading this , please know that YOU have been the driving force behind my motivation and dedication as your trainer over the past 4 years. Your trust , commitment and enthusiasm have meant the world to me , and it is all thanks to each and everyone of you.

As an Area Manager , my focus has shifted towards empowering my team inspiring others to achieve their fullest potential . I believe that while we may accomplish great things individually , it is when we come together that we can truly make a difference. I am grateful for being part of this company, which has become my home over the past years and have had the opportunity to witness and contribute to the growth and success of it . Being here from the very beginning has allowed me to witness the remarkable changes and improvements the company has undergone. It brings me great joy to have been part of this journey and to have had the chance to see every step of the way. From the small triumphs to the significant milestones , I am genuinely proud to have been witness to it all. This company has not only provided me with a happy and joyful career but it also helped me grow on a personal level. The challenges I have faced , the responsibilities I have shouldered , and the relationships I have formed along the way have all contributed to my overall growth. I want to extend my appreciation to the entire team for creating an environment that fosters growth , support and success. I am grateful to be a part of this company and I am confident that the future holds even greater accomplishments and achievements for us all.

Delia Popescu
Area Manager

TIPS FOR STAYING MOTIVATED AND OVERCOMING WORKOUT LACK OF ENTHUSIASM



Reaching a workout plateau can be frustrating, but it doesn't mean you have to give up on your fitness goals. With a few simple changes, you can break through your plateau and start seeing results again.

Here are some tips for staying motivated and overcoming workout lack of enthusiasm:

Set realistic goals.

If you're not seeing results, it might be because your goals are too ambitious. Start with small, achievable goals that you can build on over time.

Track your progress.

Keeping track of your progress can help you stay motivated and see how far you've come. You can use a fitness tracker, a journal, or even just a simple spreadsheet to track your workouts, weight, and other metrics.

Vary your workouts.

If you're doing the same workouts over and over again, your body will eventually adapt and you'll stop seeing results. Try mixing up your workouts by adding new exercises, changing the intensity, or trying a different type of fitness altogether.

Take a break.

Sometimes, the best way to break through a plateau is to take a break from your regular routine. This will give your body a chance to rest and recover, and it will also help you come back to your workouts feeling refreshed and motivated.

Find a workout buddy.

Having a workout buddy can help you stay accountable and motivated. You can push each other during your workouts, and you can also provide support and encouragement when one of you is feeling down.

Reward yourself.

When you reach a goal, reward yourself with something you enjoy. This will help you stay motivated and on track with your fitness goals.

Remember, it's normal to hit a plateau from time to time. But with a little effort, you can break through your plateau and start seeing results again.

Here are some additional tips that may help you stay motivated and overcome workout lack of enthusiasm: Listen to your body. If you're feeling tired or sore, take a day off or modify your workout. Don't push yourself too hard, or you'll risk injury or burnout.

Find something you enjoy.

If you're not enjoying your workouts, you're less likely to stick with them. Find activities that you find challenging and fun, and you'll be more likely to stay motivated.

Make it a social activity.

Working out with friends or family can help you stay motivated and accountable. You can also find workout buddies online or at your local gym.

Set a schedule and stick to it.

Having a set schedule for your workouts will help you stay on track and avoid excuses. Find a time that works for you and stick to it as much as possible.

Don't give up.

Lack of enthusiasm are temporary. If you keep working hard and stay motivated, you will eventually break through and reach your goals.

We hope these tips help you stay motivated and overcome workout lack of enthusiasm. Remember, it's all about finding what works for you and sticking with it. With a little effort, you can reach your fitness goals and improve your overall health and well-being.

HOW WORKING OUT CAN HELP WITH LIFE STRESS

Life is full of stress. It can come from work, relationships, finances, or simply the demands of everyday life. While stress is a normal part of life, too much stress can have negative consequences for our physical and mental health.

How does working out help with stress?

There are a number of ways that working out can help to reduce stress. Here are a few of the most important:

It releases endorphins. Endorphins are hormones that have mood-boosting effects. They can help to reduce feelings of anxiety and depression, and they can also improve our overall sense of well-being.

It helps us to relax. When we work out, our bodies release muscle tension. This can help us to feel more relaxed and less stressed.

It gives us a sense of control. When we feel like we are in control of our lives, we tend to feel less stressed. Working out can give us a sense of accomplishment and control, which can help to reduce stress levels.

It helps us to sleep better. When we are stressed, it can be difficult to fall asleep or stay asleep. Working out can help to improve our sleep quality, which can further reduce stress levels.

What kind of exercise is best for reducing stress?

Any type of exercise can help to reduce stress, but some types of exercise are more effective than others. Aerobic exercise, such as running, swimming, or biking, is particularly effective at reducing stress. This is because aerobic exercise helps to release endorphins and improve our cardiovascular health.

How much exercise do I need to do to reduce stress?

The amount of exercise you need to do to reduce stress will vary depending on your individual needs. However, most experts recommend that adults get at least 30 minutes of moderate-intensity aerobic exercise most

days of the week.

If you are new to exercise, start slowly and gradually increase the amount of time you spend exercising each week. And if you have any health concerns, be sure to talk to your doctor before starting an exercise program.

Working out is not a cure for stress, but it can be a helpful tool for managing stress levels. If you are feeling stressed, try to incorporate some exercise into your daily routine. You may be surprised at how much it can help.

Here are some additional tips for using exercise to manage stress:

Find an activity that you enjoy. If you don't enjoy your workout, you are less likely to stick with it.

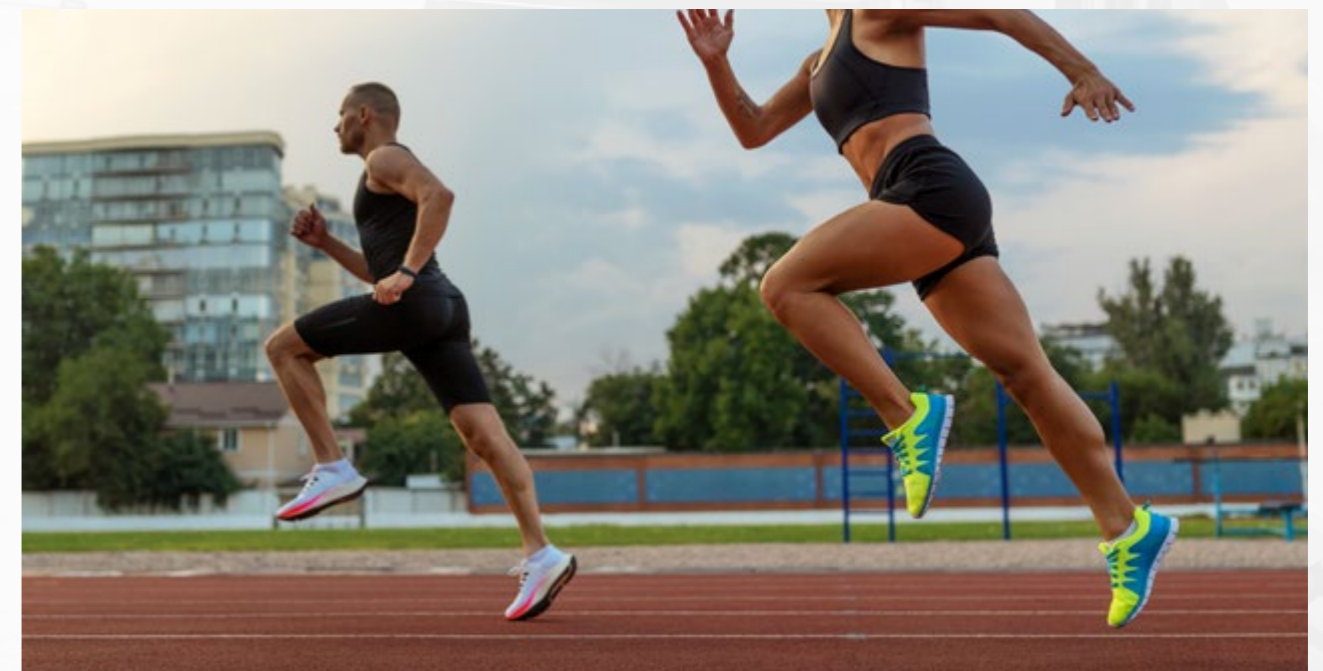
Set realistic goals. Don't try to do too much too soon. Start with a small amount of exercise and gradually increase the amount of time you spend exercising each week.

Make exercise a part of your routine. Schedule time for exercise in your day, just like you would schedule any other important appointment.

Find a workout buddy. Working out with a friend or family member can help you stay motivated and accountable.

Listen to your body. If you are feeling pain, take a break. Don't push yourself too hard.

Incorporating regular workouts into our lives can be a powerful tool in managing and reducing life stress. Physical activity provides a natural and effective outlet for releasing tension, promoting relaxation, and improving sleep quality. The mood-boosting and confidence-enhancing effects of exercise contribute to an overall sense of well-being, allowing us to face life's challenges with resilience. By prioritizing our physical and mental health through workouts, we empower ourselves to better navigate the stresses of daily life and cultivate a happier, more balanced lifestyle.



FAST FIT EXPANDS TO MEET DEMAND FOR EMS TRAINING

FAST FIT, a leading provider of EMS training, is expanding to meet the growing demand for this innovative fitness modality. EMS training uses electrical muscle stimulation to help people build muscle, lose weight, and improve their overall health.

FAST FIT has been operating in Riyadh – Saudi Arabia for the past few years, and it has quickly become one of the most popular EMS training providers in the country. The company has a network of studios across the country, and it is now expanding to meet the growing demand for its services.

The expansion of FAST FIT is being driven by a number of factors.

First, EMS training is a safe and effective way to get in shape. It is also a time-efficient way to exercise, as it can help people build muscle and burn fat in a shorter amount of time.

Second, EMS training is becoming increasingly popular among people who are looking for a personalized workout experience. FAST FIT trainers can customize EMS training sessions to meet the individual needs of each client. This means that clients can get the most out of their workouts and achieve their fitness goals.

Third, FAST FIT is a convenient way to get in shape. The company offers EMS training sessions in a variety of locations, so that clients can fit them into their busy schedules.

The expansion of FAST FIT is good news for people who are looking for a safe, effective, and convenient way to get in shape. With its growing network of studios, FAST

FIT is making EMS training more accessible than ever before.

Here are some of the benefits of EMS training:

Build muscle: EMS training can help to build muscle by contracting muscles at a higher intensity than traditional exercise. This can help to increase muscle mass and strength.

Lose weight: EMS training can help to lose weight by increasing calorie burn. This is because EMS training can help to burn more calories during the workout and even after the workout.

Improve cardiovascular health: EMS training can help to improve cardiovascular health by increasing heart rate and blood flow. This can help to reduce the risk of heart disease and stroke.

Reduce pain: EMS training can help to reduce pain by stimulating the release of endorphins, which have pain-killing effects. This can be helpful for people with chronic pain conditions.

Improve posture: EMS training can help to improve posture by strengthening the muscles that support the spine. This can help to reduce back pain and improve overall posture.

If you are looking for a safe, effective, and convenient way to get in shape, then you should consider EMS training at FAST FIT. This is a great way to build muscle, lose weight, and improve your overall health.

SWEATING AND WEIGHT LOSS: DEBUNKING THE MYTH

Introduction:

When it comes to fitness and weight loss, sweating is often associated with shedding pounds. Many people believe that the more they sweat, the more weight they are losing. However, this common misconception needs to be clarified. In this article, we will explore why sweating is not equal to losing weight and uncover the truth behind this fitness myth.

Understanding Sweat:

Sweating is a natural bodily function that helps regulate body temperature. When we engage in physical activity or are exposed to hot environments, our body produces sweat as a cooling mechanism. Sweat is primarily composed of water and electrolytes, such as sodium and potassium. Its main purpose is to cool down the body, not to directly contribute to weight loss.

Water Weight Loss:

One reason why people may associate sweating with weight loss is the temporary reduction in body weight caused by water loss through sweat. During a vigorous workout or in a heated environment, you may experience significant sweating, leading to a decrease in water weight. However, it's essential to understand that this weight loss is only temporary and does not reflect fat loss.

Dehydration and Performance:

Excessive sweating can lead to dehydration if proper hydration is not maintained. Dehydration negatively affects athletic performance and overall health. It is crucial to replenish lost fluids by drinking water before, during, and after exercise. Remember, staying hydrated supports optimal bodily functions, but it does not directly result in weight loss.

Fat Loss and Calories:

To effectively lose weight, you need to create a calorie deficit. This means burning more calories than you consume through a combination of physical activity and a balanced diet. While sweating itself does not burn calories, engaging in exercises that elevate your heart rate and increase your metabolism can aid in weight loss.

Focus on activities like cardiovascular exercises, strength training, and high-intensity interval training (HIIT) to maximize calorie burn and fat loss.

Post-Workout Weight:

After an intense workout session, you may step on the scale and notice a drop in weight. However, this decrease is primarily due to the water lost through sweat and increased calorie expenditure during exercise. It is essential to recognize that this immediate weight loss is not fat loss but rather a temporary change.

Healthy Weight Loss Strategies:

Instead of relying on sweating as an indicator of weight loss, focus on sustainable and healthy strategies for achieving your weight loss goals. These include:

Balanced Diet:

Consume a variety of nutritious foods, emphasizing whole grains, lean proteins, fruits, and vegetables while limiting processed foods and added sugars.

Regular Exercise: Engage in a combination of cardiovascular exercises, strength training, and flexibility exercises to promote overall fitness and calorie burning.

Hydration: Stay properly hydrated by drinking water throughout the day, especially during physical activity.

Consistency: Adopt a consistent exercise routine and make long-term lifestyle changes rather than relying on quick fixes.

Conclusion:

While sweating may make you feel like you're losing weight, it is important to understand that weight loss is not solely determined by the amount of sweat you produce. Sweating primarily helps regulate body temperature and does not directly contribute to fat loss. To achieve sustainable weight loss, focus on creating a calorie deficit through a balanced diet and regular exercise. Remember, health and fitness go beyond the amount of sweat produced during a workout.



FAST FIT LAUNCHES NEW EMS AND FAST SHAPE DEVICES

Fast Fit, the leading EMS fitness company in Saudi Arabia, is excited to announce the launch of two new devices: the EMS device and the Fast Shape device.

The EMS device is a revolutionary new way to train your muscles. It uses electrical muscle stimulation (EMS) to send impulses to your muscles, causing them to contract. This allows you to work out all your muscles at once, in a fraction of the time it would take to do so with traditional strength training. Fast Shape is a new, unique slimming device. It allows you to exercise on a treadmill, benefiting from vacuum and infrared at the same time. The device was designed to meet the expectations of both beginners and advanced users. When designing and implementing the Fast Shape, we focused on the requirements of the customers. From the very beginning, our intention was to develop a device meeting the fundamental expectations: functionality, results, ease of use and modern design. Fast Shape meets all these expectations.

Both devices are a great way to get in shape quickly and effectively. They are perfect for people who are short on time, or who want to get a full-body workout in a single session.

How the Fast Shape Device Works

The Fast Shape device is a treadmill with vacuum and infrared technology. The vacuum creates a gentle suction that helps to reduce body fat, while the infrared heat helps to increase circulation and soothe muscles.

To use the Fast Shape device, you simply step onto the treadmill and start walking or running. And the vacuum and infrared heat will be turned on.

You can adjust the intensity of the EMS contractions, the vacuum suction, and the infrared heat, so you can find a combination that is comfortable for you.

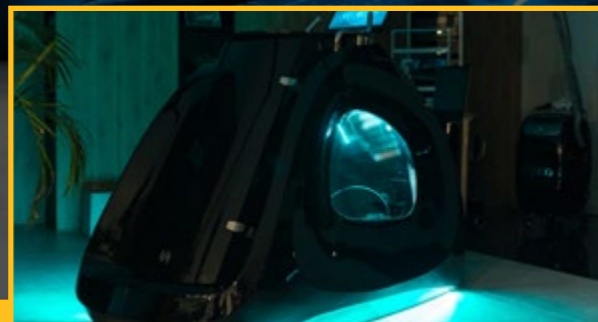
Benefits of EMS and Fast Shape Training

There are many benefits to EMS and Fast Shape training. These include:

- Increased muscle strength and definition
- Reduced body fat
- Improved circulation
- Soothing muscles
- Reduced pain
- Increased energy levels
- Improved sleep

Who Can Benefit from EMS and Fast Shape Training?

EMS and Fast Shape training can benefit people of all fitness levels. They are especially beneficial for people who are short on time, or who want to get a full-body workout in a single session. EMS and Fast Shape training are also a great option for people who are recovering from an injury. The gentle contractions of EMS can help to rebuild muscle tissue and improve range of motion. If you are looking for a new and effective way to get in shape, then EMS and Fast Shape training are a great option. These devices are a safe and effective way to build muscle, reduce body fat, and improve your overall health. To learn more about EMS and Fast Shape training, or to book a session, please visit the Fast Fit website or contact your nearest studio.



WORKOUT OF THE MONTH

Morning In-House Workout Routine for Sedentary Individuals:

Duration: 30 minutes maximum

Objective: This routine is designed to be done at home and focuses on stretching exercises and providing a boost of energy to start your day. It is suitable for sedentary individuals looking to improve flexibility and increase their overall energy levels.

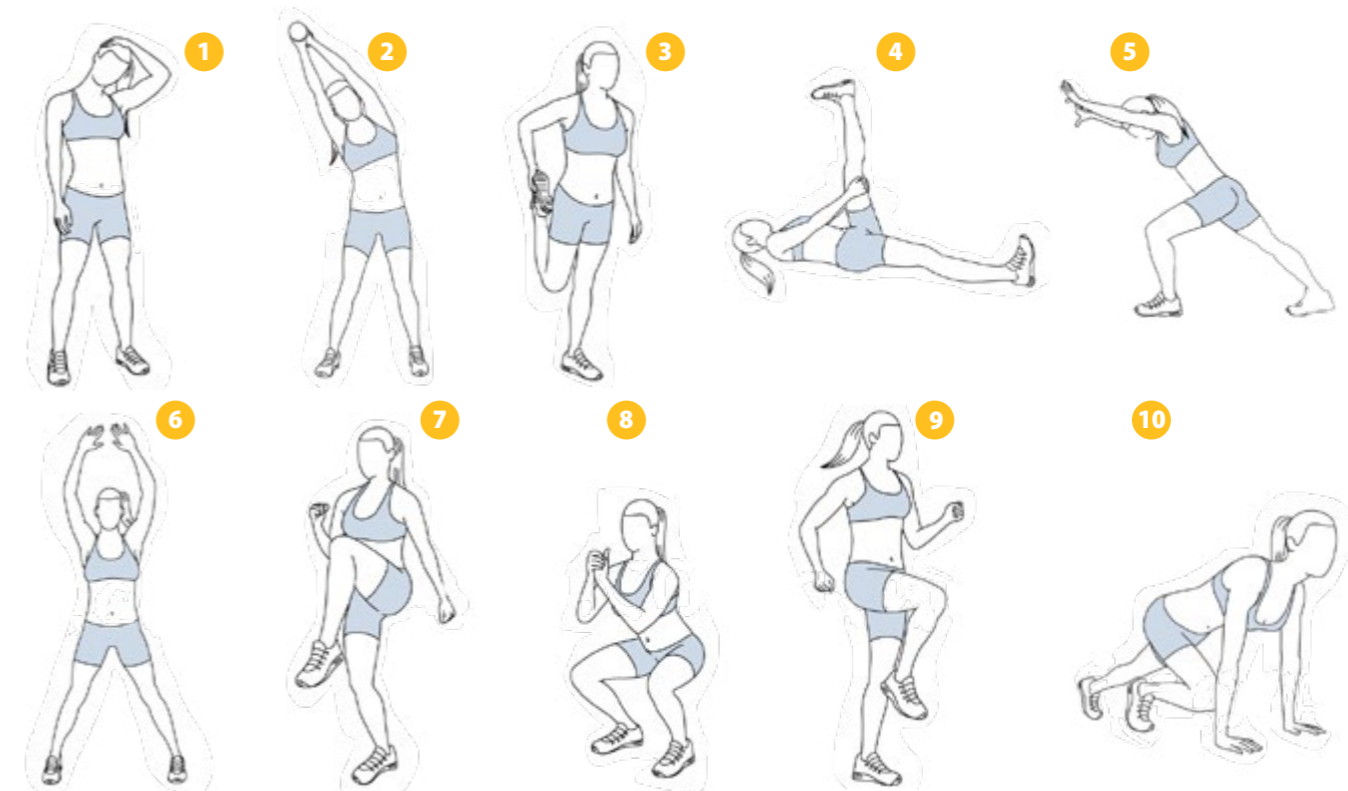
Stretching Exercises (15 minutes):

- 1 Neck Stretch:** Gently tilt your head to the right, hold for 10 seconds, and then repeat on the left side. Perform 2 sets on each side. **Shoulder Stretch:** Extend your right arm across your chest, gently pull it closer with your left hand, and hold for 10 seconds. Repeat on the left side. Perform 2 sets on each side.
- 2 Side Bend Stretch:** Stand with your feet shoulder-width apart, reach your right arm overhead, and slowly bend to the left, stretching your side. Hold for 10 seconds. Repeat on the other side. Perform 2 sets on each side.
- 3 Standing Quad Stretch:** Stand straight, hold onto a wall or a chair for support, bend your right knee, grasp your ankle, and gently pull your heel towards your glutes. Hold for 10 seconds. Repeat on the left leg. Perform 2 sets on each side.
- 4 Hamstring Stretch:** Sit on the edge of a chair, extend your right leg in front of you, and reach forward to touch your toes. Hold for 10 seconds. Repeat on the left leg. Perform 2 sets on each side.
- 5 Calf Stretch:** Stand facing a wall, place your right foot behind you with the heel on the ground, and lean forward to stretch your calf. Hold for 10 seconds. Repeat on the left leg. Perform 2 sets on each side. **Energizing Exercises (10 minutes):**
- 6 Jumping Jacks:** Perform 3 sets of 10 repetitions. Take a short break between sets.
- 7 High Knees:** Stand in place and alternate lifting each knee as high as possible, aiming for a quick pace. Perform 3 sets of 10 repetitions.
- 8 Squats:** Stand with your feet shoulder-width apart, lower your self into a sitting position as if you're sitting on an imaginary chair, then stand back up. Perform 3 sets of 10 repetitions.
- 9 Jogging in Place:** Jog on the spot for 1 minute to get your heart rate up.
- 10 Mountain Climbers:** Get into a plank position, bring one knee towards your chest, then quickly switch legs. Perform 3 sets of 10 repetitions. **Cool-Down (5 minutes):**

Deep Breathing: Sit or lie down comfortably, close your eyes, and take slow, deep breaths for 2 minutes to relax your body and mind.

Full Body Stretch: Stand up, extend your arms overhead, and reach towards the ceiling. Stretch your whole body, focusing on each muscle group. Hold each stretch for 10 seconds.

Remember to listen to your body and modify the exercises as needed. Stay hydrated throughout the workout and maintain proper form to prevent any injuries. Enjoy your morning in-house workout routine and have a great day ahead!



Healthy Recipes

Pesto Chicken Pasta

1200 Kcal

Special Lunch

-  Chicken breast 100 g
-  Lentil pasta 100 g
-  Pesto sauce 20 ml
-  Fresh basil leaves 1 piece
-  Cherry tomatoes 1 cup
-  Parmesan 20 g grated
-  Green jalapeno 1/2 medium
-  Walnuts 10 g chopped
-  Squeezed lemon juice 1/2 medium
-  Kosher salt
-  1 Espresso (After 1 hr-green/matcha tea)



PERSONAL TRAINER'S SPOT LIGHT

Alexoi Razvan

TRAINER
ALEXOIRAZVAN

- How did you first become interested in fitness and personal training?**
I first started to be interested in fitness and sports at a very young age. I tried multiple sports but the one that helped me mold myself was playing football at such a young age. After finishing my sports career, I moved into personal training after discovering EMS training.
- What is your philosophy when it comes to training customers?**
My philosophy is to first help the customer start to feel and perform better then finally to reach his target.
- What do you consider to be the most important elements of a successful EMS workout?**
The most important parts of a successful EMS training are creating a muscle-mind connection during the workout, having to focus on all the muscles to be engaged in the same time and trying to get the most benefit out of each impulse.
- How so you work with customers to set and achieve their goals?**
I am trying to challenge them every session by raising the bar higher each session to make them feel they can get to a new level.
- How do you keep customers motivated and engaged during their workouts?**
I think the most important thing is to transfer energy and I try to remind them that we have a goal to reach.
- How do you continue to educate yourself and stay up to date with the latest research and trends in the fitness industry?**
I am daily checking lots of new fitness and EMS updates so I can manage to guide my clients to get the best information on the market.
- How do you balance the needs and goals of different customers with varying fitness levels and backgrounds?**
At the very beginning of each individuals fitness journey I am setting up the targets that we need to reach based upon the first performance of the customer.
- what advice would you give to someone who is just starting out on their fitness journey?**
Always work smart and grind at the same time.
- Are you happy with FAST FIT?**
Yes, I have felt Fast Fit is a nice environment in which you can evolve smoothly since you have all the tools for that.
- What do you think FAST FIT can offer to people different than other fitness companies in the region?**
Time is the most valuable asset so I think we can offer them this luxury of putting less work into training with the same or even better results based upon the individual needs. I think this is what separates us from the rest of the companies in the region.



#1

Special Offers

For the month of July

- *Sharing subscription where you have **up to 20% discounts** if you join together with a friend or relative*
- ***Cash back on introductory session** if you subscribe in the same day*
- ***20% OFF on online payment** for Introductory Session*
- *15% Off if you are card holder of the following Banks (**Riyadh Bank - Bank Aljazira - Emirates NBD**)*
- *10% off if you are card holder of the following Banks (**SAB - Banque Saudi Fransi**)*
- *15% OFF for all Tamayouz members*
- *10% OFF for Wala Plus subscribers*
- *Rewards for our members that are renewing their subscriptions with extra sessions and up to **10% discounts** on renewal!*
- ***FAST FIT EMS APP** - where customers can book their session as per their needs! Monthly assessment to see the results and keep a track of the progress with the InBody scale, approved by SFDA.*



Ladies and Gentlemen
Branches Across KSA



+66 920003647



care@fastfit-ems.com
www.fastfit-ems.com



www.fastfit-ems.com



"Fitness is not just about building a better body,
it's about building a better life."